



# Kindness Week

February 19-23








Kindness Week has become an annual tradition for us here at NES. We do it because we want to empower our students to continually foster a culture of kindness at NES.

We also do it because kindness is contagious! When people see others performing acts of kindness, they are naturally inclined to also want to “pay it forward” by performing acts of kindness themselves.

Our theme for this school year is “Be a TEAM Player!” Being part a of a team offers various opportunities to teach kindness to others. Players learn to support each other, show empathy, and offer help when needed. It also fosters trust among teammates. By demonstrating kindness, team members create an environment where everyone feels valued and supported.

We hope this special week encourages open communication within families about how important and rewarding it is to spread kindness at home and in the community.

Monday	<p><b><u>Be a TEAM Player:</u></b> Being a team player starts with using your head to make the right choices!</p>		<p>Show that you are ready to get your head in the game for Kindness Week by wearing your favorite hat!</p>
Tuesday	<p><b><u>Treat Others Kindly:</u></b> Treat your teammates, opponents, coaches, teachers, and referees with respect and kindness, regardless of how the game is going.</p>		<p>Wear workout clothes to show that you know how to work out problems with kindness!</p>
Wednesday	<p><b><u>Embrace Fairness:</u></b> It's important to follow the rules and play fair. Winning isn't everything; playing the game with integrity matters more.</p>		<p>Wear your favorite team jersey to show that you know how to be a good sport!</p>
Thursday	<p><b><u>Appreciate Everyone's Effort:</u></b> Every player contributes to the team's success. Appreciate and support each other's efforts. Recognizing each other's hard work strengthens the team.</p>		<p>Kindness “ties” us together so wear a tie or bow tie!</p>
Friday	<p><b><u>Maintain a Positive Attitude:</u></b> It's important to stay positive, even when facing challenges or losses. A positive attitude helps us learn from mistakes and helps us grow as a player and a person.</p>		<p>Show off your PAWSitive attitude by wearing your favorite bulldog or panther gear!</p>

